

THE WORRY TREE

If your child is feeling anxious, help them to **identify** their worry

Can they do anything about it?

No

Help your child to let the worry go

Distracting
activity

Write it down
(e.g. use a **worry box**)

Yes

Make a **plan** together

What? When? How?

Now?

Do it!

Let the
worry go

Later?

Decide **when**

Let the
worry go



Worry In Children

LM Reder



Worry In Children :

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